

# Smoked Salmon Pillows

Tarla Fallgatter, from a cooking class



Delicious little puff pastry appetizers. Not that hard to make.

- 18 ounces puff pastry, Trader Joe's, frozen
- 2 ounces goat cheese, softened to room temp
- 2 ounces smoked salmon, or use some flaked cooked regular salmon
- 1 tablespoon fresh chives, minced
- 1 1/2 teaspoons heavy cream
- 1 whole egg, lightly beaten

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 18

When these were demonstrated, Tarla used smoked salmon from Trader Joe's. And it was good, but I think I'd try it with some just barely cooked regular salmon instead. The recipe makes 18 of these little pillows, enough for two per person. You won't use all the puff pastry - so the calorie count is off significantly. Once you've cut out the pillows you throw away what's left over - about a third of it.

1. FILLING: In a small bowl combine the goat cheese, salmon, chives, cream and 1 1/2 tsp. of the beaten egg. Add a tsp. of water to the remaining egg and reserve for glazing the top of the pastry.
2. PASTRY: Unfold pastry sheet and roll it out to a 12-inch square. Cut the square in half. On one sheet mark off three 2-inch wide columns and three 2-inch wide rows (making 9 small squares) using a knife or tines of a fork. Do NOT puncture through the pastry - you're just marking spots to put the filling. Place a rounded teaspoon of filling in the center of each square. Gently fold 2nd pastry sheet on top and press down lightly between the rows and columns for form little pillows. Press down just enough to see the mounds of filling.
3. Using a round glass (something with rounded edges like a shot glass, not sharp like cookie or pastry cutters), cut each pillow through, placing even pressure on all sides. Place each pillow on a parchment lined baking sheet. Using a pastry brush, brush the top ONLY of each pastry pillow with the remaining egg glaze. Do not allow the egg mixture to drizzle down the sides as that will prevent the sides from rising properly when baking. As you place the pillows on the baking sheet gently press the edges together to seal. Cover the tray with plastic wrap and chill for a few hours.
4. Preheat oven to 425°. Arrange the rack in the center of the oven. Place pillows on a clean (not chilled) parchment-lined baking sheet (NOT the one you used to chill them) and bake until crisp, puffed and golden, about 12 minutes. Remove and allow to cool on the pans for 5 minutes. Transfer pillows to a rack to crisp slightly. Serve while warm.

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Per Serving (excluding unknown items): 180 Calories; 12g Fat (62.5% calories from fat); 4g Protein; 13g Carbohydrate; trace Dietary Fiber; 16mg Cholesterol; 110mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.